



DEPARTMENT OF THE NAVY
EXPEDITIONARY COMBAT READINESS CENTER
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1000
Memo 00/346
16 Mar 20

MEMORANDUM

From: Commanding Officer, Expeditionary Combat Readiness Center
To: All Redeployers of Expeditionary Combat Readiness Center

Subj: ECRC COVID-19 UPDATE #2

1. Teammates, our staff at ECRC will be using this method of communication to personally hand-deliver a daily update to each of you. We take your well-being very seriously at this command, and we wish to keep you apprised of all we are doing to ensure you are well cared for during this trying and uncertain time. Below, you will read some of the important considerations and plans we are making to take care of you.

2. HPCON Bravo: CNRMA has set Health Protection Condition (HPCON) Bravo. The risk to health at this level is considered MODERATE. Precautions include strict hygiene (no handshaking, wipe common use items); if exposed, self-isolate (wear mask or remain home); avoid contaminated water/food, or at risk areas; and vector control.

3. ROM Guidelines: Per the base Commanding Officer, each of you remains in a Restriction of Movement (ROM) status for the next nine days. This requires you to remain in your rooms. We are in discussions with the base Commanding Officer to see how/if this policy can be eased. We understand that this places a hardship on you, and that each of you are eager to get home. Our first priority must be your individual health, the health of our families and NAVSTA-Norfolk teammates, as well as our global community. ROM provides a way for us to take care of each other and to slow the spread of COVID-19.

4. Meals and Dietary Restrictions: We have received word about concerns with daily meal delivery, specifically, that some of you may have dietary restrictions. At this time, the Navy galley can only accommodate those of you who have medical dietary restrictions (i.e., allergies) or religious restrictions in what you are able to eat. We are working with our medical staff and Chaplain to gather this important information so we can inform the galley of any changes we need to make. You should be receiving daily phone calls from our medical staff. Please take that opportunity to voice any other concerns that you may have and we will do our best to support you.

5. Smokers/Nicotine Users: We understand that some of you have requested access to nicotine products. Our medical staff is working to gather this information from you.

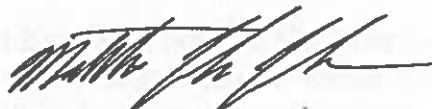
6. Laundry: We are reaching out to base leadership to get you access to laundry facilities. We know that so many of you arrived with just the clothing you have on your back. Your personal

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hygiene is of paramount concern to us. Stand by for updates on opportunities to do laundry on base.

7. Medical and Demobilization Processing: The medical and processing team is working diligently to plan for your expedited processing once your ROM period is over. We want to get you home as fast as possible, while still caring for your post-deployment needs.

8. The entire DoD is trying to work through the challenges associated with this global pandemic. DoD is making every effort to mitigate the spread of COVID-19. Policies and guidance from HHQ(s) are changing constantly and we are doing our absolute best to support the dynamics and challenges as well as keeping you informed. More to follow on the execution of these priority efforts as the situation develops. Thank you for your ongoing patience and support.



M. J. JACKSON